

ASTHMA ACTION PLAN

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| <p style="text-align: center;"><u>Green Zone</u> <u>(Pt has no active symptoms)</u></p> <ul style="list-style-type: none"> Breathing is good, no coughing, chest tightness, or shortness of breath during day or night Able to do usual activities (work, play, exercise) | <p style="text-align: center;"><u>Use These Meds EVERY DAY</u> <u>(Controller Medications)</u></p> <p style="text-align: center;"><u>None</u></p> |
| <p style="text-align: center;"><u>Yellow Zone</u> <u>(Caution)</u></p> <ul style="list-style-type: none"> Breathing problems (Cough, Wheeze, chest tightness, Shortness of breath, or wakes from sleep due to shortness of breath) Can do some but not all usual activities | <p style="text-align: center;"><u>Give medications in the Green Zone as usual PLUS</u></p> <ol style="list-style-type: none"> Give Albuterol as directed 2 puffs with spacer 4 times a day x 3 days OR 1 nebulizer treatment 4 times a day x 3 days If after 12 hours your child or you still have symptoms, then start ___ Prednisolone 15/5ml: 1tsp daily x 5 days ___ Prednisone 20 mg: 2 tabs daily x 5 days ___ Orapred ODT 15 mg: 1 tab daily x 5 days If you have Yellow Zone symptoms more than 2 times in 1 week, Call your doctor and schedule appointment |
| <p style="text-align: center;"><u>Red Zone</u> <u>(Medical Alert)</u></p> <ul style="list-style-type: none"> Breathing is hard, Nose opens wide, ribs show Albuterol is not helping much Cannot do usual activities (trouble playing, walking, talking) <p><u>Provider</u> <u>Signature:</u> _____</p> | <p style="text-align: center;"><u>Give these medications immediately and seek Medical attention immediately</u></p> <ol style="list-style-type: none"> Give Albuterol ___ 4 puffs with spacer ___ 3 nebulizer treatments, one right after another Go To Clinic or ER immediately <p style="text-align: center;"><u>Call your Doctor and let him know that you are having these symptoms and Going to ER</u></p> <p><u>Date: Monday, January 4, 2021</u></p> |